

Eifel Times

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News Briefs

Force shaping briefings

Fiscal year 2007 force shaping briefings take place Aug. 1, 3, 7 and 9 at 8 a.m. and 10 a.m., and at 1 p.m. and 3 p.m. in the Spangdahlem AB theater. The briefings take one hour. All base personnel are encouraged to attend. The briefings are targeted toward those impacted by the force shaping initiatives.

Weekly accidents

There were nine minor privately owned vehicle accidents and one major car accident last week. The minor accidents resulted from: others at fault, inattentive driving, improper passing and speeding too fast for conditions. The major accident occurred on the L-46. (Compiled by Amber Christiansen, 52nd Security Forces Squadron)

Pay-patient payments

Due to USAFE-wide system updates, the resource management office at Bitburg Annex will not be able to accept clinical pay-patient payments on or about Aug. 15. Refrain from coming in to the RMO to make payments or from mailing in payments until this issue is resolved. Overdue bill costs will be excluded during this period. Call Staff Sgt. Danita Welch at 452-3128 for more information.

Remembrance reunion event

The First Air Force, Air Forces Northern and the Continental U.S. NORAD Region 9-11 Remembrance-Reunion takes place Sept. 9 and 10 at Tyndall Air Force Base, Fla. The event includes a wreath laying ceremony, Combined Air Operations Center/F-22 tour and mission briefing, remembrance-reunion dinner and a religious service. This event will remember and honor those who served on Sept. 11, 2001, and it also recognizes service members who continue to defend the nation through Operation NOBLE EAGLE. Call DSN 523-8659 or visit <http://www.1staf.tyndall.af.mil/911/index.htm> for more information.

Amateur radio examinations

Examinations for U.S. Federal Communications Commission amateur radio take place Sept. 30 at 11:30 a.m. at the Rathaus in Baumholder, Germany. Applicants should have a U.S. mailing address and legal photo identification. The test costs \$14. Call Jo Heyse at 352-45102-2475 or Jim Graham at 06783-980040, e-mail Joachim.w.heyse@exxonmobil.com or visit <http://www.qsl.net/dl4vcw/vec.htm> for more information.

D.J. Jazzy Byers

Airman "sounds off," earns SAF/PA excellence award.

Read "AFN Eifel broadcaster wins AF-level award" on Page 4.



Photo by Airman 1st Class Stephanie Sawyer

Flag retirement ceremony

Tech. Sgt. John Conner, 52nd Logistics Readiness Squadron vehicle maintenance support element NCOIC and Civil Air Patrol senior member, assists Boy Scout Michael Turner, son of Tech. Sgt. Dwayne Turner, 52nd Security Forces Squadron, during a U.S. Flag Retirement Ceremony July 18 at the base pavilion. The Boy Scouts of America, Civil Air Patrol and Veterans of Foreign Wars hosted the event to properly dispose of damaged, old or tattered flags. "The flag retirement ceremony represents a tradition of honor and respect for the flag," Sergeant Conner said. "It is important to share this tradition that honors what our forefathers fought so hard for."

Team Eifel ropes education award for Commander's Honor Roll program

By Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

The 52nd Fighter Wing, 52nd Mission Support Group and Bitburg High School recently received the Pete Taylor Partnership in Excellence Award at the Military Child Education Coalition conference in Houston, Texas.

The award recognizes partnerships between military installations and school districts serving military-connected children.

The wing took home a check for \$1,000 and a plaque for developing the Commander's Honor Roll program highlighting student achievements and parental involvement.

The Commander's Honor Roll is the brainchild of Col. Sid Banks, 52nd MSG commander, and is the first partnership of its kind in the Department of Defense Dependents Schools.

The CHR applauds students for academic growth, and wing leadership recognizes students with the highest grade point average, as well as students who have the greatest percentage of improvement each quarter, and gives each a wing coin.

"A key element in student success is the underlying support of parents, guardians and dedicated teachers," Colonel Banks said. "We hope, with the recognition from the Military Child Education Coalition, that this program will be adopted through-

out the DoD and public school systems."

Parents whose students are acknowledged for academic achievement by the wing commander say the experience is a memorable one.

"Receiving the commander's coin in recognition for the part I play in my child's educational success was especially meaningful," said Marylee Fary, BHS teacher and parent of a CHR member. "The wing commander gave (a coin) to my daughter, and then (my daughter) presented it to me. The program creates opportunities for students to succeed."

See CHR WIN, Page 2

Project Care helps spouses of deployed Sabers feel at home

By Staff Sgt. Tammie Moore
52nd Fighter Wing Public Affairs Office

Being a military spouse can be an overwhelming task, especially for those who find themselves suddenly alone in a foreign country when their spouse deploys.

The feeling of being alone and overwhelmed is one of the reasons Project Care was designed with the goal of helping families of deployed members stay connected to their community.

"Project Care is a U.S. Air Forces in Europe program designed to improve the care, resources, attention and information flow spouses and families receive while the military member is deployed," said Ms. Janis Wood, Family Support Center community relations consultant. "Project Care ensures families are integrated into the base community and provided with

the support they need during these trying times."

A key part of this program is to ensure spouses are aware of the wide variety of support agencies available to assist them if they need help. To achieve this goal, Project Care is broken into three phases.

Pre-Deployment Phase

"During the Pre-Deployment Phase, the FSC works with all the unit deployment managers to ensure the deployers receive their pre-deployment briefing prior to departure," said Tech. Sgt. Ryan Helfenstein, FSC readiness NCO. "During those pre-deployment briefings, we provide a checklist which reminds the deploying member to ensure their personal and family affairs are in order."

See PROJECT CARE, Page 2

RESCON Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: **19**

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

CHR win

Continued from Page 1

Two of the first CHR students who succeeded in the program were learning impaired. These two students worked diligently and took more interest in their grades when they learned about being recognized for their successes and efforts, said Jeanine Eshpeter, BHS teacher.

"Neither student had ever, in their academic careers, been recognized for any award linked to their grades or their progress," Ms. Eshpeter said. "Both students have grown in their self-esteem and now have a positive effect on their classmates, as well as other special education students in school."

This positive effect is spreading throughout the wing and schools. The plan is to continue recognizing students for achievements at the high school, as well as Spangdahlem Middle School and Bitburg Middle School.

This win is a testament to the hard work of the students, as well as a wonderful partnership between the wing, high school and Kaiserslautern District Superintendents Office, said Ms. Audrey Burkel, 52nd MSG Schools' Liaison Officer.

"This year, we want to focus on the areas of technology, math and science," Ms. Burkel said. "We are working to get work centers engaged in helping students understand the importance and application of these skills in the workplace."

Project Care

Continued from Page 1

Spouses receive a Project Care button which they can present around the base to receive services that are identified in an informational handout, said Ms. Wood.

For people with small children, the button allows them to go to the front of the line at the post office, pass and registration, civilian personnel office, MPF, legal assistance and any Army and Air Forces Exchange Service facility."

Sustainment Phase

"During this phase, we offer a wide variety of events for the family members left behind to keep them busy and to network with other deployed families," Sergeant Helfenstein said.

The Give Parents a Break program is an opportunity for spouses to have some time to go shopping, sightseeing or to have some quiet time to themselves while someone else takes care of their children for five hours each month during the deployment, Ms. Wood said.

The program is offered alternately at the Bitburg Annex and Spangdahlem Air Base Child Development Centers alternating Fridays from 6:30-11:30 p.m., or Saturdays from 10 a.m. to 3 p.m. Spouses can stop by the FSC to pick up their GPAB certificates and register their children Wednesday the week prior to the GPAB child care date. For a GPAB calendar, stop by the FSC.

To ensure that the Project Care program is able to provide spouses the best assistance possible, many organizations from across the base have teamed together as part of the Project Care Working Group.

This partnership plays a role in the Project Care Program. However, other spouses on base also play a major role in the program as well.

"We have an amazing support network at Spangdahlem AB helping agencies that are as keen on supporting the deployed families as we are," Sergeant Helfenstein said. "We can't forget our fabulous spouses groups .. We are extremely grateful for their kind donations."

Reintegration Phase

"The Reintegration Phase is a two half-day process the military member goes through upon return from deployment," Sergeant Helfenstein said. "Free child care is provided the second day specifically so spouses can participate in that briefing."

Project Care uses these three phases and the working group partnership to help ensure spouses and families of deploying military members know of the assistance the Air Force can offer them and to help them realize they do not have to go through their spouse's deployment alone.

For more information on discounts offered to spouses of deployed military members, call the FSC at 452-6422 or 452-6894.



Photo by Master Sgt. George Smith, Jr.

Capt. Rob Hansel, 22nd Fighter Squadron pilot, shows Maj. Darryl Jett, 106th Air Refueling Squadron KC-135 pilot, and Tech. Sgt. John Freeman, 106th ARS boom operator, how to eject out of the cockpit of an F-16 Fighting Falcon Tuesday prior to an incentive flight.



Photo by Tech. Sgt. Jon Roebuck

Staff Sgt. Jason Milby, 52nd Operations Support Squadron Survival, Evasion, Resistance and Escape specialist, observes as Sergeant Freeman goes through the seven-step checklist for how to parachute out of an aircraft.

Total Force

Two members of the 106th Air Refueling Squadron, Alabama Air National Guard receive incentive flights in the F-16 *Fighting Falcon*



Photo by Master Sgt. George Smith, Jr.

Capt. Danielle Willis, 22nd FS pilot, performs a pre-flight inspection prior to take off. She flew Sergeant Freeman on his flight.

Family advocacy stresses importance of supervising children

By Cecilia Diaz
52nd Fighter Wing Family Advocacy

With the start of school still a month or so away, Spangdahlem Air Base members need to remember the safety of their children.

Protecting the safety and well-being of the children in the Eifel should be a community involvement. Team Eifel members should have an eagle eye and be aware of strangers in the community.

Living in a foreign country increases the importance parents should place on protecting their children. Regardless of whether children are young or old, monitoring their activities keeps parents involved and lets the children know that the parents care about them and their safety. As parents get more involved, the children have fewer opportunities to get into trouble because they are not spending too much time being unsupervised.

Monitoring children is another way to help them avoid peer pressure. Parents can alert them to danger, teach discipline

and help them solve problems on their own. By monitoring their children, it gives parents more opportunities to catch them being good, which lead to more times parents can use effective praise.

Family Advocacy and the Integrated Delivery System have provided Team Eifel members with the base child and youth supervision guidelines.

These guidelines are a prevention tool given to parents and anyone who assumes temporary responsibility for a child. They are distributed year round and should always be abided by.

The main focus of the base child and youth supervision guidelines is for parents to know:

- * Where their children are at all times;
- * At what age their child can be left in quarters without a sitter;
- * At what age their child can be left alone overnight;
- * At what age their child can walk to and from school;

- * At what age the child can be left unattended at a playground;
- * What age is appropriate for their child to wait in the car;
- * At what age is a child old enough to provide care for others;
- * The curfew times for children ages 17 years and under.

Parents also need to remember that if their children are old enough to provide care for others, they should know:

- * The family's emergency plan;
- * Parent's phone number(s): work, home, cellular, etc;
- * The availability of the parents or adult responsible for the child during the time the child will be left alone and/or babysitting.

If you witness a child being harmed or see evidence of abuse or neglect or for more information, call family advocacy at 452-8279.



Photo by Senior Airman Eydie Sakura

Top Saber Performer

Name: Staff Sgt. Letisha Almaguer
Unit: 52nd Fighter Wing administrative section
Duty title: Assistant NCOIC
Hometown: Oxnard, Calif.
Years in Service: Five
Nominee's contributions to 52nd FW mission success: Sergeant Almaguer provides information management support and client support administrator duties to the 52nd FW staff. She ensures the timely processing and quality control of more than 900 staff packages, 750 decorations and 1,000 officer and enlisted performance reports. These are signed by the command staff annually. As a "Jack of all trades," she is the wing command section's resource advisor, quarterly awards program manager and government purchase cardholder.
Off-duty volunteerism and professional development pursuits: She is currently working toward her bachelor's degree in emergency medical technology from Central Texas College. She is also working on requirements for her associate's degree through the Community College of the Air Force.
What do you do for fun? I like to work out at the fitness center, listen to music, go to the movies and hang out with my friends.
What do you like most about being stationed here? I like the location; it's perfect for traveling. The Information, Tickets and Travel Office on Spangdahlem Air Base does a great job with facilitating travel arrangements and providing us with the opportunity to see Europe.
What's one thing you'd like to see changed or improved at Spangdahlem AB? The fitness center should have more equipment and air conditioning.



Photo by Tech. Sgt. Layton Roubique

Humanitarian efforts

Capt. (Dr.) Patrick Lovegrove, 455th Expeditionary Operations Group flight surgeon, treats an Afghani boy for bronchitis. The child was accompanied on his doctor's visit by a village teacher. If the boy did not receive treatment, his bronchitis would have developed into pneumonia. Captain Lovegrove is deployed to Bagram Air Base from the 81st Fighter Squadron.

Hometown news

Team Eifel members who have recently been promoted, reenlisted, received an award, retired or arrived at Spangdahlem Air Base should fill out a Hometown News Release, Department of Defense Form 2266. Forms are available by visiting <http://intranet.spangdahlem.af.mil/52fw/52fwagencies/PA/documents/dd2266.pdf>. Fax the filled out and signed forms to the 52nd Fighter Wing Public Affairs Office at 452-5254, or drop the form off at the PA office, Building 23, first floor. For more information, call the PA office at 452-6833 or check out the Army and Air Force Hometown News Link at <http://hn.afnews.af.mil/>.

Eifel Salutes

52nd Operations Group

A salute for **Capt. Ryan Harris** and **Staff Sgt. MaryAnne Bebin** for helping establish unit guidelines and procedures as the wing prepares to transition to the new DoD Defense Readiness Reporting System.

52nd Maintenance Group

Thanks to **Staff Sgt. Jeffrey Openbrier** for leading A-10 repairs and ensuring a successful munitions load. This way to the great egress systems craftsman **Staff Sgt. Eric Lovelace** and all his work as a maintenance scheduler and on ejection systems. Fuel systems craftsman **Staff Sgt. Roger Quicho** deserves a salute for verifying eight aircraft were ready for air-to-air refueling before deployment.

52nd Medical Group

A big salute for **Senior Airman Giselle Rieschick** for participating in honor guard details, helping a fellow Airman pass her PT test, sponsoring a St. Martin's Day child and passing final exams! Hats off also to **Senior Master Sgt. Lovorn Brown** for being selected as the 52nd FW Lance P. Sijan award winner!

38th Munitions Maintenance Group

Here's to you, **Tech. Sgt. Jarrett Robinson**, for supervising the 701st MUNSS security forces flight and helping ensure readiness and security of Kleine Brogel AB, Belgium. **Tech. Sgt. Timmi Moses** piloted his F-16 loading section to success during a recent USAFE staff assistance visit at Volkel AB, Netherlands. **Staff Sgt. Carlos Madrid** led crew members through 181 loading steps to a "flawless" upload during the same USAFE visit.

CDC stars

The following individuals earned scores of 90 percent or better on their career development course examinations: **Staff Sgt. Christopher Keller**, 52nd Component Maintenance Squadron, 90; **Airmen 1st Class Phanomphone Phimmason**, 52nd Logistics Readiness Squadron, 90; **Ryan Borys**, 52nd Aircraft Maintenance Squadron 91; **George Himes**, 52nd AMXS, 91; **Kimberly Valenzuela**, 52nd Contracting Squadron, 95.

Kudos to all; Team Eifel salutes you!
(Compiled by Capt. Mike Cumberworth, 52nd Fighter Wing Public Affairs Office)



Photo by Tech. Sgt. Pamela Anderson

Top Saber Team

Unit name: 52nd Medical Support Squadron, Outpatient Records and Appointing Element
A brief description of unit responsibilities: This team presents the 52nd Medical Group's "first impression" to its customers, the patients. The team provides medical records management and patient appointment services for the entire Saber community. The team members ensure every patient's medical record is up to date and readily available for their appointment. They answer questions, provide information about the hospital and strive to get every patient the medical appointment they need when they need it.

Number of members: 11

How does the team fit into the 52nd FW's mission? The team provides the support necessary to ensure every patient receives the best care possible at the 52nd MDG. By doing everything possible to minimize the amount of time and inconvenience a patient might experience, they contribute to less time away from the duty section and promote an environment that will encourage quality and timely healthcare.

Team's other contributions throughout the year? The team built a new, more user-friendly automated phone call-in system to better assist patients to easily schedule a medical appointment. The new phone system significantly decreases busy signals during peak call-in times and helps to guarantee every patient who calls reaches the right person in the shortest amount of time possible. The team also played a critical role in ensuring all deploying personnel's medical records made it quickly into the hands of the doctors to review. In doing so, the physicians were able to guarantee the medical readiness of every Saber deploying downrange.



AFN Eifel broadcaster wins AF-level award

Story and photo by Senior Airman Eydie Sakura
52nd Fighter Wing Public Affairs Office

She really wanted to head west to Hollywood to pursue acting. Instead, she took her father's advice and "Crossed into the Blue," like her two brothers before her.

A self-proclaimed "military brat," this local radio personality and broadcast producer's ability to inform and entertain the Eifel community earned her an Air Force-level award win.

Senior Airman Christy Byers, Detachment 9 American Forces Network, earned the 2005 Secretary of the Air Force Public Affairs Outstanding Broadcast Airman of the Year award.

She said it may sound cliché, but she couldn't have won the award without her supervisors, co-workers, friends in public affairs and the support of her family.

"The Air Force-level recognition I received says something about AFN Eifel and not just me. The award has inspired and encouraged me to continue doing what I love ... military broadcasting," she said.

Like many Air Force units, AFN increasingly has younger Airmen tackling tasks previously done by NCOs, allowing them the opportunity to excel, said TSgt. Deb Decker, AFNEWS Headquarters assignments editor, and Airman Byers' former supervisor.

"When some experienced broadcasters left (AFN Eifel), the

young troops had to step up, and Christy led the way," Sergeant Decker said. "She's getting some great experience and creating an outstanding reputation. I wasn't surprised she won this award ... I'm trying to get her to come over to headquarters because she would be a tremendous asset."

One of her crowning achievements here was the inception of "Operation On-Air: Requests from the front line," a song dedication show solely for deployed Spangdahlem Air Base Airmen to send musical requests and dedications home to their family, friends and coworkers in the Eifel.

"I came up with the idea when one of my brothers was deployed to Iraq, and my mom, who lives in Arizona, would regularly call during my radio show and make requests to him downrange," Airman Byers said. "Even though my mom and brother could not hear the dedication, it was comforting to them and filled them with a sense of pride."

Bridging the gap between the Eifel region and downrange was a first-ever Air Force initiative, and Airman Byers hopes to take the campaign worldwide. She is also responsible for producing live, 24-hour radio shows for two wing exercises; performing more than 400 hours of on-air radio; pumping out about 3,000 song requests; assembling nearly 100 live newscasts; and producing news stories and video footage highlighting the Eifel Reunion and Explore the Eifel.



Senior Airman Christy Byers, Detachment 9 American Forces Network broadcast producer, earned the 2005 Secretary of the Air Force Public Affairs Outstanding Broadcast Airman of the Year award. Airman Byers has been stationed at Spangdahlem Air Base for nearly three years.

'Easy money' translates into financial nightmares

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

CANNON AIR FORCE BASE, N.M. (AFPN) -- While the phrase, "It's only money" is commonly used, Airmen and other military members may face a special vulnerability when it comes to dealing with their finances.

Benefits such as medical and dental care, leave and tuition assistance are helpful to servicemembers and their families, but based on current pay grades, it can take several years of career development to build a comfortable cash flow.

Many servicemembers live month to month and struggle to pay their bills, according to "Predatory Lending and the Military: The Law and Geography of Payday Loans in Military Towns," a study done by educators Stephen Graves of California State University, Northridge, and Christopher Peterson of the University of Florida.

"Military surveys reveal that near-

ly one-third of enlisted servicemembers self-report moderate to severe difficulty in paying their bills," according to the study. "Sudden unexpected expenses such as car trouble or legal problems, as well as poor personal financial choices, can all pitch low-wage workers into financial hardship caused by debt."

Life emergencies or difficulty in budgeting, coupled with easy credit from payday loan stores and title cash companies, can lead to trouble for military people who often operate with a low cash flow.

"When Airmen seek to resolve their financial problems with quick-fix solutions, it tends to worsen the damage and provide a false sense of relief. Quick fixes often delay the

inevitable or actually complicate the situation," said Linda Sapp, a personal financial program manager here and an accredited financial counselor.

But Chief Master Sgt. Gary Ashmore, the former 27th Equipment Maintenance Squadron first sergeant, believes the reasons for borrowing money run the gamut, from true emergencies to the desire to get a date.

Very seldom are they emergencies, Chief Ashmore said.

"I've heard of one young man who used to do (payday loans) so he could afford to buy drinks for the ladies at the bar. It's clearly not a good reason," the chief said.

"Wanting it all" is something that can amplify an Airman's financial difficulties, according to Master Sgt.

Robert Sobush, 27th Mission Support Squadron first sergeant.

"I have noticed a trend toward younger Airmen trying to have everything they had at home right away here. Some fail to understand their parents' standard of living was higher due to many more years of working," Sergeant Sobush said.

Whether facing genuine emergencies or wanting more than what their standard of living allows, the cost of financial problems can be high for Airmen in terms of their physical, mental and emotional health. The cost can also be high to a career.

"Airmen who have financial difficulties will be less successful in focusing all of their attention on the mission. Most members who engage one of the downtown financial lenders with the 500 percent interest will be distracted from their job," Sergeant Sobush said.

"The reasons for needing the money in the first place can also distract members from the job, if the

member is trying to get furniture for the house or for a new baby," he said. "The lack of money could result in the member reducing the amount of food he or she eats, which would also have an impact."

Mental distraction can also occur due to missing a payment, Sergeant Sobush said.

Airmen are no longer alone in their plight when they miss a payment.

"The downtown loan agencies have the first sergeant's number and do not hesitate to call. I have even had some places call before the day is over and the payment is due," he said.

Despite whatever feelings Airmen experience when dealing with convoluted financial situations, it is not something they should take lightly, according to Chief Ashmore. He said consequences can range from a letter of counseling to administrative separation from the Air Force.



Whether it is U.S. dollars or euro, quick fixes may complicate financial situations.



Chaplain (Capt.) Buddy Walker, 52nd Fighter Wing chaplain, right, gives the annual blessing of the bikes at the 52nd Services Squadron 2006 Motor Weekend Saturday and Sunday. More than 100 people attended the event.

2006 Motor Weekend Cycles, hot rods flock to Spang

Photos by Airman 1st Class Emily Moore



Master Sgt. Joe Springfield, 52nd Communications Squadron, briefs Tech. Sgt. Chris Tillett, 52nd Comptroller Squadron, middle, and Chief Master Sgt. Jerry Kloehr from Ramstein Air Base, about directions before the start of the poker run, or scavenger hunt, Sunday.

Trust: Key ingredient of leadership, says 38th Munitions Maintenance Group major

By Maj. Theresa McGowan
703rd Munitions Support Squadron

During a recent going away event, I heard various speakers thanking the departing member for the ultimate trust placed in his people to do their job. As I listened to the speeches, I paused to reflect on some of the great leaders I worked for who trusted their people.

Sometimes this trust can be mistaken as indifference, but in actuality, it is much harder to trust your people to do their job than it is to keep control of everything they do. An important part of trust is allowing those future leaders to grow in their abilities.

Trust not only grows better leaders, but it also breeds success. There is nothing more rewarding for an individual than being entrusted with a job and then succeeding in that job. When supervisors place that ultimate trust in their subordinates, they realize that the success of their organization rests squarely with their Airmen. That feeling provides a sense of ownership like nothing else.

However, as a supervisor, there is nothing more difficult than granting that trust. As supervisors, people know that they

are responsible for the failure or success of their processes, whether they did everything themselves or empowered their personnel to do their jobs. Since every leader has a different style, it is not easy to watch someone else do a job differently than you would.

My first lesson in trust and delegation came early in my career. When I was a second lieutenant, a newly promoted technical sergeant came into my office to explain his standby policy for his section. As the chief and I reviewed the technical sergeant's policy, I started to tell him the "rules" for standby and to explain why his plan was going to fail. The chief quietly told this new section chief to review everything again and that we would try his plan for the next month.

When the NCO left the office, the chief explained his rationale. He and I both agreed that the technical sergeant's standby schedule was not going to work well, but we disagreed on the solution. I was ready to make a flight policy on how sections would conduct standby and then we wouldn't have to worry about getting people in after duty hours.

The chief told me I needed to trust my section chiefs to run their sections. As long as I made their decisions for them, they would never learn valuable lessons on what works and what doesn't.

I had almost forgotten that day until many years later, when I ran into that same person. He was now a senior master sergeant. He thanked me for having provided him an environment in which

"There is nothing more rewarding for an individual than being entrusted with a job and then succeeding in that job."

he could learn. That first experience as a section chief had been the catalyst for numerous positive experiences later in his career.

A wise commander once told me that it is not a matter of IF you leave the Air Force, but a matter of WHEN you leave. Therefore, it is important to train your replacement in every job you have. The first and most difficult step in training leaders is to trust them to do their jobs. As a seasoned major, I owe a debt of gratitude to that chief and former commander. They are the reason "I" received the thanks.

On that day ...

Sheppard AFB officer reminds us why the national anthem plays

By Maj. Mike Stolt
97th Flying Training Squadron

SHEPPARD AIR FORCE BASE, Texas (AFPN) -- It was a hot Tuesday afternoon. I was leaving a building on base after updating my base vehicle sticker.

As I walked toward the double-glass doors leading to the parking lot, I encountered a small group of people standing just inside the door -- two Airmen, a civilian employee and one captain. As I reached for the door, the captain said, "You don't want to go out there right now."

I looked out and saw traffic stopped and several people standing in the hot July sun, gazing westward, some saluting, some standing at attention and some with their hands laid on their chests.

No, I don't really want to go out there right now. I looked at my watch -- 4:30 p.m.

I stood with the group that now numbered five. No one spoke. One Airman made a call on her cell phone, the other shifted his gaze back and forth between his shoes and the wall. The captain sifted through a folder of papers. The civilian and I watched through the glass doors as a technical sergeant stood at attention, saluting ... a sweat ring growing on his back. It seemed to go on forever.

The base loudspeakers squeaked out the last recorded notes of the national anthem. The cars rolled forward, the technical sergeant lowered his salute. The civilian pushed our door open

and walked out. The rest of us followed. When the heat hit me, I felt fortunate that my timing had kept me inside during the long ceremony.

I thought about that day for weeks. Images of the episode flashed through my mind as if I'd witnessed a crime -- the plate-sized sweat ring, the glow of the cell phone on the Airman's cheek, the civilian's hand resting on the door handle, the glare of the sun, the heat.

I recently read an article about the War on Terror and learned that we average 2.35 Americans dead and 10 wounded every day in the area of responsibility. That day leapt back into my thoughts. A few hours of research helped me identify the date -- July 14, 2005.

On July 14, 2005, 23-year-old Cpl. Chris Winchester and 22-year-old Cpl. Cliff Mounce were killed when their vehicle was targeted by an improvised explosive device in Baghdad.

On that day, 21-year-old Pfc. Tim Hines Jr. died when an IED hit his Humvee.

On that day, 34-year-old Staff Sgt. Tricia Jameson was killed by a secondary IED while she was treating a victim of the primary IED. She, Chris Winchester and Cliff Mounce all died in Trebil. We can assume she was treating Chris, Cliff or another in their group. She volunteered to go to Iraq and had been in-country three weeks.

On that day, four American Soldiers died in Iraq, and numerous others were wounded.

On that day, four families were plunged into mourning.

On that day, I flew one sortie, sifted through e-mail, updated my base vehicle sticker and hid from the heat behind a glass door.

Why does it matter that I avoided participating in retreat? Some may think it's silly symbolism, that it's not real. An aircraft is real. A computer, a vehicle sticker -- they're real.

I believe that anything that you allow to move you, or that inspires those around you to search their hearts, is as real as the bomb that tore Chris Winchester's body apart last summer. Anything that forces an entire base to stop and listen to their thoughts for a while is real. Anything that causes you to pause and acknowledge that American Soldiers may be under fire as you listen to the national anthem is real.

As we five stood inside that doorway, the Soldiers killed and wounded that day may have been bleeding, screaming and dying in the sand.

If my timing is ever again as perfect as it was that day, I'll be prepared. I'll be ready with, "Yes, I do want to go out there right now." You may not come with me, but I'll bet you think about it for weeks.

If I had stepped outside to pay respect to the flag and to the four Soldiers who died that day, how long would it have taken?

One minute and 28 seconds.

Dress, Right Dress

52nd Fighter Wing members should pay the appropriate respect to the flag during reveille at 7 a.m. and retreat at 5 p.m.

- ♦ During reveille, all military members in uniform upon hearing reveille should face the music or flag and go to the position of parade rest. Upon hearing the first note of "To the Colors," assume the position of attention and salute. Hold the salute until the last note of the music is played.
- ♦ During retreat, Sabers in uniform should snap to attention and salute upon hearing the first note of the German national anthem and hold the salute until the last note of the American national anthem is played.
- ♦ If driving on base, all vehicles in motion should come to a stop, and the occupants should sit quietly until the music ends.
- ♦ People wearing civilian clothes should stand with the right hand over the heart. Units planning early morning physical training should plan their routine around the reveille ceremony.



Editorial Staff

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Capt. Diane Weed.....Public Affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Staff Sgt. Tammie Moore.....Chief of Internal
Senior Airman Eydie Sakura.....Editor
Iris Reiff.....Leisure writer

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Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.
- Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	405	236	-21
23FS	325	215	+10
81FS	357	236	-22

*Delta is contract vs. sorties flown to date.

Through July 24

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

AFOQT test date

The education office proctors the Air Force Officer Qualification Test Sept. 5 at 8 a.m. For more information or to register, call 452-6344.

Commissary closure

The Spangdahlem AB Commissary will be closed Aug. 3. The Bitburg Annex Commissary will be closed Aug. 9.

Childcare

Before- and after-school childcare registration opens Tuesday for youth in kindergarten through sixth-grade at the Spangdahlem AB and Bitburg Annex. Parents and guardians must bring their children's shot records and a leave and earnings statement; single or dual military families must have an Air Force Form 357 with them at registration. For more information, call Sally Fuller at 458-7546.

Comedy show

A free comedy show featuring Jennifer Rawlings and Danielle Broussard takes place Aug. 3 at 8 p.m. in the Brick House. Ms. Rawlings has opened for Faith Hill and Lonestar. Ms. Rawlings appeared on Last Comic Standing.

Dental Assistance Course

The Dental Clinic is offering a Red Cross Dental Assistant Course September through February. Course applications are available at the Dental Clinic. For more information, call Tech. Sgt. Melissa Johnson-DeReis at 452-8220 or 06565-958220.

Fun with children

The Bitburg Youth and Teen Center is hosting a special event just for children 6 to 8-years old Aug. 5 from 3-5 p.m. For \$5 the children can enjoy bouncing castles, face painting, crafts and light refreshments. For more information, call Patti Porter at 452-9206.

Fall Bazaar Volunteers

The Spangdahlem Officers and Civilians Spouses Club is seeking volunteers to help with the 2006 Fall Bazaar. Volunteers are



Photo by Senior Airman Eydie Sakura

Indulging

Angelina Thompson, 2, daughter of Capt. Alicia Thompson, 52nd Mission Support Squadron, enjoys ice cream during the Child Development Center's Ice Cream Social July 21.

needed to for set up, credit cards, runners, office, kitchen and vendor assistants and more. Volunteers receive an opportunity to shop before everyone else Oct. 13 from 10 a.m. to noon and childcare reimbursement during the time they volunteer. For more information or to sign up, e-mail Iwanttovolunteer@hotmail.com.

Help the Fisher House

The Spangdahlem Spouses and Enlisted Members Club is collecting toiletries for guests at the Fisher House. Collection boxes will be at the Spangdahlem AB BXtra and Commissary and at the Bitburg Annex BX and Commissary Saturday through Aug. 7. There is a need for travel-sized items. For more information, call Kellie King at 06561-945167 or e-mail hospitality@ssemc.org.

Kindergarten registration

Registration for kindergarten for the 2006-2007 school year continues. New students must be age 5 before Oct. 31. Parents or legal guardians should bring a copy of their orders with the child's name

listed on them, the child's social security number and the child's birth certificate or official passport. For details, call Spangdahlem Elementary School at 452-6881 or e-mail cheryl.varnado@eu.dodea.edu; or call Bitburg Elementary School at 452-9131 or e-mail mary.marc.hand@eu.dodea.edu.

Library closure

The Spangdahlem AB and Bitburg Annex Libraries will be closed today for training today. In addition, the Bitburg Annex Library will close until further notice Monday.

Poetry Night

Share poetry with other poetry lovers at the Brick House Poetry Night Aug. 3 from 6-8 p.m.

Summer reading program

It is not too late to sign up children for the U.S. Air Forces in Europe Summer Reading Program "Paws, Claws, Scales and Tales." Registration runs through Monday. For more information, call 452-6203 or 452-9055.

Volksmarching meeting

The Eifel Wanderer Volksmarch Club holds a meeting June 29 to finalize plans for a bus trip to Stuttgart to hike six and 10 km. trails. The meeting is open to active duty, families and non-members. People who want to help in the the planning process should arrive at Gasthaus Stein Reiter in Metterich at 6:30 p.m. to order dinner; the meeting begins at 7 p.m. The last day to sign up for the trip is Saturday. For more information, call Sara Dooley at 06563-96200 or e-mail to eifelwander@hotmail.com.

Civil Air Patrol

The Spangdahlem AB Civil Air Patrol meetings take place Thursdays from 6-8:30 p.m. in Bitburg Annex building 2012. E-mail civilair.patrol@spangdahlem.af.mil for details.

Toastmasters meetings

Toastmasters meet Tuesdays from 6-7 p.m. in Spangdahlem AB building 139. The club provides leadership and professional communications training. Call Master Sgt. Dave Maniccia at 452-5462 for details.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m.

Protestant

- ♦ Sunday, 10:30 a.m., traditional service
- ♦ Sunday, 1 p.m., Korean service
- ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m.

Protestant

- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

AUGUST 4

4 p.m.

Club Eifel



GRAND OPENING





Spangdahlem AB, Germany

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through Aug. 3. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

The Fast And The Furious: Tokyo Drift (PG-13, 7 p.m.)

Sean Boswell is an outsider who attempts to define himself as a hot-headed, underdog street racer.

Mission Impossible III (PG-13, 9:30 p.m.)

Super-spy Ethan Hunt has retired from active duty to train new agents, but he is called back into action to confront the toughest villain he's ever faced -- Owen Davian, an international weapons and information provider with no conscience or remorse.

Saturday

Just My Luck (PG-13, 7 p.m.)

When she kisses a handsome stranger at a costume party, Ashley accidentally swaps her good fortune for his horribly bad luck, and her charmed life turns into a living hell.

The Fast and The Furious: Tokyo Drift (9:30 p.m.)

Sunday

Just My Luck (4 p.m.)

Mission Impossible III (7 p.m.)

Monday

The Fast and The Furious: Tokyo Drift (7 p.m.)

Tuesday

The Fast And The Furious: Tokyo Drift (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Poseidon (PG-13, 7 p.m.)

When a luxury cruise ship capsizes in the North Atlantic Ocean, a small group of survivors find themselves unlikely allies in a battle for their lives.

Goal! The Dream Begins (PG, 9:30 p.m.)

Growing up in the poor section of Los Angeles, Santiago Munez labors at menial jobs to support his family while dreaming of playing professional soccer.

Saturday

Cars (G, 7 p.m.)

A hotshot rookie race car discovers that life is about the journey, not the finish line, when he finds himself detoured in the sleepy Route 66 town of Radiator Springs.

Poseidon (9:30 p.m.)

Sunday

Cars (4 p.m.)

RV (PG, 7 p.m.)

After promising a family vacation in Hawaii, Bob Munro abruptly changes course for a road trip to Colorado in a recreational vehicle to bring the family together.

Closed Monday and Tuesday

Wednesday

Cars (7 p.m.)

Thursday

RV (7 p.m.)



Photo by 1st Lt. Shannon Collins

Nicola Elze, local choreographer and dancer, performs with a six-foot python in between the matches of the gladiator battles during Trier's Brot & Spiele. The weekend event gives visitors a chance to see and enjoy the life of the Romans with the Roman ruins of Trier in the background. The Brot & Spiele festival will be held Aug. 11-13.

E' Tu Brot & Spiele?

Saluting Roman times in Trier

By 1st Lt. Shannon Collins
52nd Fighter Wing Public Affairs Office

Strap on sandals and maybe even a toga and practice the thumbs up or down to decide "vitam aut mortem" — life or death for gladiators during Trier's Brot & Spiele, or Bread and Circuses, Aug. 11-13.

Throughout the weekend, visitors can experience the delicacies, crafts, combat and general life and times of the Romans. Most of the events take place near the amphitheater and palace garden.

The official pomp and circumstance made famous by Romans begins Aug. 12 at 10 a.m. as the legions parade from the Porta Nigra to the Imperial Baths. For those who want to kick off the event early, the legionnaires set up camp at 7 p.m. Aug. 11 in the Palace garden. Roman wannabes can also enjoy mythic tales for children and adults and Roman music and delicacies. Enjoy combat on horseback at 8:30 p.m. at the palace garden, or the Mystic Night, light and sound show, at the imperial baths at 9 p.m. After nightfall, see a demonstration of ancient astronomical instruments at the palace garden.

The highlight of the weekend's event is the mystique of the gladiators. It starts with a little wrestling mano a mano and then the gladiators come out in traditional garb. They duck and parry with nets, swords and spears. At the end of each match, the master of ceremony asks the crowd to decide whether the defeated gladiator should live or die.

In between the matches, a mysterious woman flexes her ability to dance with a six-foot python and with fire. The gladiator matches take place Aug. 11 at 9:30 p.m., Aug. 12 at 5:30 and 9:30 p.m. at the amphitheater.

After the official parade Aug. 12, people can learn about Roman military craftsmanship and armament at the legion-

naires' camp or see hourly demonstrations such as weapons training, changing of the guard, sword combat and combat on horseback at the military parade ground at the palace garden. Travelers can also witness the making of perfume, the minting of coins, leather work, Roman hair styling, children's games, ancient astronomy, myth storytelling and much more at the palace garden. Events run Aug. 12-13 from 11 a.m. to 6 p.m. Roman music and dancing takes place at 2 and 5 p.m. Cap off the evening with the light show Aug. 12 at 9:30 p.m.

Children can learn about the life and times of the Romans through many interactive events. They can forge an object there Aug. 12-13 at noon, 2 p.m. and 4 p.m., or learn to make jewelry at 12:30 p.m. or 3:30 p.m. They can tour the Roman camp as a legionnaire explains his role at noon and 3 p.m. both days as well.

Since Rome wasn't built in a day, for those who missed the parade Aug. 12, there is one last Pompa parade from the Porta Nigra to the Imperial Baths Aug. 13 at 10 a.m.

Admission fee for the Imperial Baths for the day is 5 euro for adults, plus advance sales fee. It's free for children up to and including age 13. Admission tickets are valid as fare tickets for free travel on trains and buses within the entire area of the Trier Regional Transportation Authority.

For more information or to purchase tickets in advance, call the Trier tourist office at 0651-978080 or visit http://www.trier.de/brot-spiele/kaiserthermen_eng.htm.

Whether it's seeing the daily toils and weapons training of the legionnaires, learning the crafts and enjoying the dancing or deciding the fate of a fallen gladiator, Trier's Brot & Spiele offers visitors a chance to walk a mile in the sandals of the Romans.

Out and About

(Editor's note: Times and dates are subject to change.)

♦ See a Formula 1 race **today** at the Hockenheim Ring racetrack.

♦ Enjoy the annual "Rock am Waldrand" rock festival **Saturday** at the forest stage in Salmtal-Doerbach.

♦ Witness Festa Ducati, Germany's biggest Desmo-party, **Saturday and Sunday** at the Nuerburgring racetrack. Entry is free. For more information, visit www.ducati.de.

♦ Revisit history at the AvD old-timer Grand-Prix European Championship races Aug. 11-13 at

the Nuerburgring racetrack. Entry is free for children up to age 17. For more information, visit www.avd.de or call 01805-311210.

♦ See the "Fuego de Flamenco" open air concert **Aug. 19** at 8 p.m. inside the Imperial Palace courtyard, or Innenhof des Kurfuestlichen Palais.

Information, Tickets and Travel offers the following trips. For more information, call 452-6567, e-mail 52svs.itt@spangdahlem.af.mil or visit their office at Spangdahlem AB Building 124 at least two weeks before events to reserve seats.

♦ Amsterdam and Saanse Schans

overnight trip, **Aug. 12-13**; cost for children ages 3 -12 is \$182 and adults \$192.

♦ Rhein in Flames: Koblenz, **Aug. 12**; cost for children is \$42 and adults is \$48.

Outdoor Recreation offers the following trips. For more information, call 452-7071 at least two weeks before events to reserve seats.

♦ Intro. to Scuba, **Aug. 9 and 23**; cost is \$35 per person.

♦ Baltic Deep Sea fishing, **Aug. 12-13**; cost is \$140.

♦ Sauer Canoe trip, **Aug. 19**; Cost is \$35.

Sports Briefs

Varsity softball fundraiser

Strike it big bowling with the Spangdahlem AB varsity softball team during their fundraising event Aug. 4 from noon to 4 p.m. at the Eifel Lanes Bowling Center. The cost is \$10 per person for a team of five people and includes three games and shoe rental. Team rosters and money are due by Thursday at 3 p.m. For details, call Staff Sgt. Mark Kuhar at 452-6270.

Wing challenge run

The wing challenge run takes place Aug. 4 at noon. Each squadron team must have three males and three females per team, and each team will add every participant's score together to get a total minutes' score. The team with the lowest points wins. The deadline to register is Thursday. For details, call the fitness center at 452-6496.

Team workout challenge

The team workout challenge kicks off Aug. 15 and runs until Nov. 15. People can work outs and teams and win prizes. Workouts can be cardiovascular training, weightlifting or participation in aerobics, spinning or Kuk Sool Won classes. People can even workout by themselves or with as many team members that are available and still earn team points. To learn more about the team workout challenge, how to sign up and how the point structure works, call Juergen Stockemer at 452-6496.

Bench press competition

Pump up for a bench press competition Aug. 18 at 3 p.m. in the Skelton Memorial Fitness Center. There are light-, middle- and heavy-weight classes for males and females. Competitors will have three attempts, and the amount of weight once posted cannot be reduced, only increased. Wrist wraps and belts only are allowed (no bench press shirts or elbow wraps allowed). For details, call Jeurgun Stockemer at 452-6496.

Guts and Glory 5K walk/run

Be a supporter of Women's Equality Day by participating in the Guts and Glory 5K walk/run Aug. 24 at 6 a.m., noon or 4 p.m. Participants will meet at the Skelton Memorial Fitness Center and receive a sports bottle and button upon completion. For details, call Tech. Sgt. Nicole McCloud at 452-3312 or Senior Airman Myre Huff at 452-8179.

Fitness assessments

People interested in having a free fitness assessment performed on them should call the fitness center to schedule an appointment. The assessment is broken down into six phases: blood pressure, body composition, muscular strength, muscular endurance, flexibility and cardiovascular fitness check. The results of the test are used to determine a person's strengths and weaknesses. For details, call Juergen Stockemer at 452-6496.

BHS Barons football starts

Bitburg High School Barons football practice kicks off Aug. 21. Students interested in participating in football this fall should e-mail Coach Mike Laue at mike.laue@eu.dodea.edu. Potential participants need a current sports physical and medical power of attorney. The POA form can be picked up at the BHS gymnasium Mondays through Thursdays from 3-6 p.m.

Eifel Mountain Golf Course events

For more information on upcoming golf events or to sign up, call the golf course at 452-6821.

- ♦ Sign up now for the Eifel Mountain Golf Course championship Aug. 12-13. This 36-hole tournament will be played over two days. Handicaps are required; otherwise golfers play the scratch. Tee times begin at 8 a.m., and prizes are awarded for first and second place. The event serves as the qualifying event for the Ryder Cup team, which will compete against the German Ryder Cup team in October.
- ♦ Sign up the kiddos for the Third Annual Eifel Mountain Kids Classic Aug. 18 at 10 a.m. This three-hole tournament also needs volunteers for supervision and safety. Ice cream and cake provided.
- ♦ "The Traditional" is a handicap tournament or scratch (individual stroke play) game. It takes place Aug. 27 at 9 a.m.

Wall climbing available

The rock climbing room is open for certified climbers. To learn wall climbing techniques and to gain certification, call the fitness center at 452-6634.



Photo by Airman 1st Class Emily Moore

Run, Sabers, Run!

Col. Sid Banks, 52nd Mission Support Group commander, leads the charge of running enthusiasts who ran a lap during the ribbon cutting for the new running track at Spangdahlem Air Base July 21. "The rubberized running track was the wing commander's vision in an attempt to eliminate the hazards and poor conditions prevalent on the old cinder surface," Colonel Banks said. "The Air Force has been operating at Spangdahlem for 53 years, and this is the first time we've invested in an all-weather running track to enhance the quality of life for all Airmen as they continue to pursue 'excellence' in Air Force fitness standards."

Fat or fiction? Take the health quotient quiz ...

Commissary test checks Saber nutrition knowledge



By Kay Blakley
Defense Commissary Agency

FORT LEE, Va. -- March is National Nutrition Month and a good time for individuals to re-evaluate their food choices and eating habits.

The following is a quiz to test nutrition knowledge.

True or False: To be considered healthy choices, do fruits and vegetables have to be fresh?

False: Fresh fruits and vegetables are super choices that should occupy a portion of your grocery cart on nearly every commissary shopping excursion. The nutritional value of frozen, canned, and dried fruits and vegetables are comparable to that of fresh, plus they offer the benefit of longer shelf life.

True or False: Since the commissary here doesn't carry fat-free milk, I can use skim milk instead?

True: Some overseas commissaries sell fresh milk that is produced locally. These cartons are labeled as "skim milk." The terms skim and fat-free milk are interchangeable.

True or False: Any dark-colored, dense-textured bread, especially those with lots of seeds and nuts, qualifies as whole-grain and high-fiber.

False: The only way to tell if bread qualifies as "whole grain" is to read the ingredient label. Look for one of the first two ingredients listed to be referred to as "whole" wheat, rye, corn or another grain. Check the Nutrition Facts panel for the amount of fiber per serving. Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone, oat

bran for example, are not necessarily whole grain products.

True or False: Because the fresh meats don't have Nutrition Facts labels on them, people who want to eat only lean meats should choose only meats with the fat content labeled on it.

False: Meat and beans provide nutrients that are vital to health and maintenance of the body. However, some choices are high in saturated fat and cholesterol, so the dietary guidelines recommend making "lean" choices. People who prefer lean cuts should choose "round" and "loin." The leanest beef cuts include round steaks and roasts, top loin, top sirloin and even chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, center loin and ham. Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.

True or False: The "good," nutritious foods are boring.

False: It's never a good idea to adopt a "good food-bad food" attitude, since nearly all foods can be part of a healthy diet. First, visit www.mypyramid.gov to learn the daily number of calories that's right for individuals. That number depends on age, sex and activity level. People should choose the most nutritionally rich, low calorie foods they can from each food group daily. Then they can work in a few of the old high-calorie favorites and still stay within their caloric limits.

Time to tally up the score. People who got four to five correct answers have a healthy eating quotient. People with two correct answers should review healthy nutrition facts. For more information, visit the U.S. Department of Agriculture Web site at <http://www.mypyramid.gov> for healthy dietary guidelines, tips and resources.

Youth class registration

Registration for classes with the youth center takes place Aug. 1-15 in the Spangdahlem AB building 427, and Bitburg Annex building 58. For details, call Sally Fuller at 452-7546.

- ♦ Outdoor soccer registration -- The fall soccer season kicks off Aug. 28. Information packages for parent/coach meetings are

available at both locations. The cost for youth center members is \$40 for ages 5-10 and \$50 for ages 11-18. The cost for non-members is \$60 and \$75.

- ♦ Start Smart soccer registration -- Start Smart is a seven-week program designed to teach parents and children the fundamentals of soccer. The cost is \$5 for the season. Price includes gear kit for the youth

and their parents.

- ♦ Dance gymnastics registration -- Information packets on dates, times, prices and locations are available for pick up at the youth center.
- ♦ Guitar lessons registration -- Information packets on dates, times, prices and locations are available for pick up at the youth center.